

WHY ANGER IS NOT A BIG ISSUE.

BY ROBERT MCMILLEN



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ANGER: THE HIDDEN EMOTION

Anger is has occurred among all people and all times in history. In fact, anger is a key element in every conflict. That means every war, every disagreement and every failed relationship included some form of anger.

Interestingly, each of us has a definition of what anger looks like. Often that definition is based on our personal experiences. That makes it common for us to not recognize when anger is working in our lives.

It helps to think of Anger as a **Family**. In the Anger Family member there are many siblings who look different but they all share a common ancestor.

For example, frustration is a member of the Anger family. But most of us rarely think of it as anger.

That's why anger can so easily be hidden in our lives.

MEET THE FAMILY*

Withdrawal



Sarcasm



Threats



Rage



Judging



Frustration



Criticism



Gossip



Avoiding



Passive Aggressive



Revenge



Hate



Annoyance



Irritation



Impatience



Violence



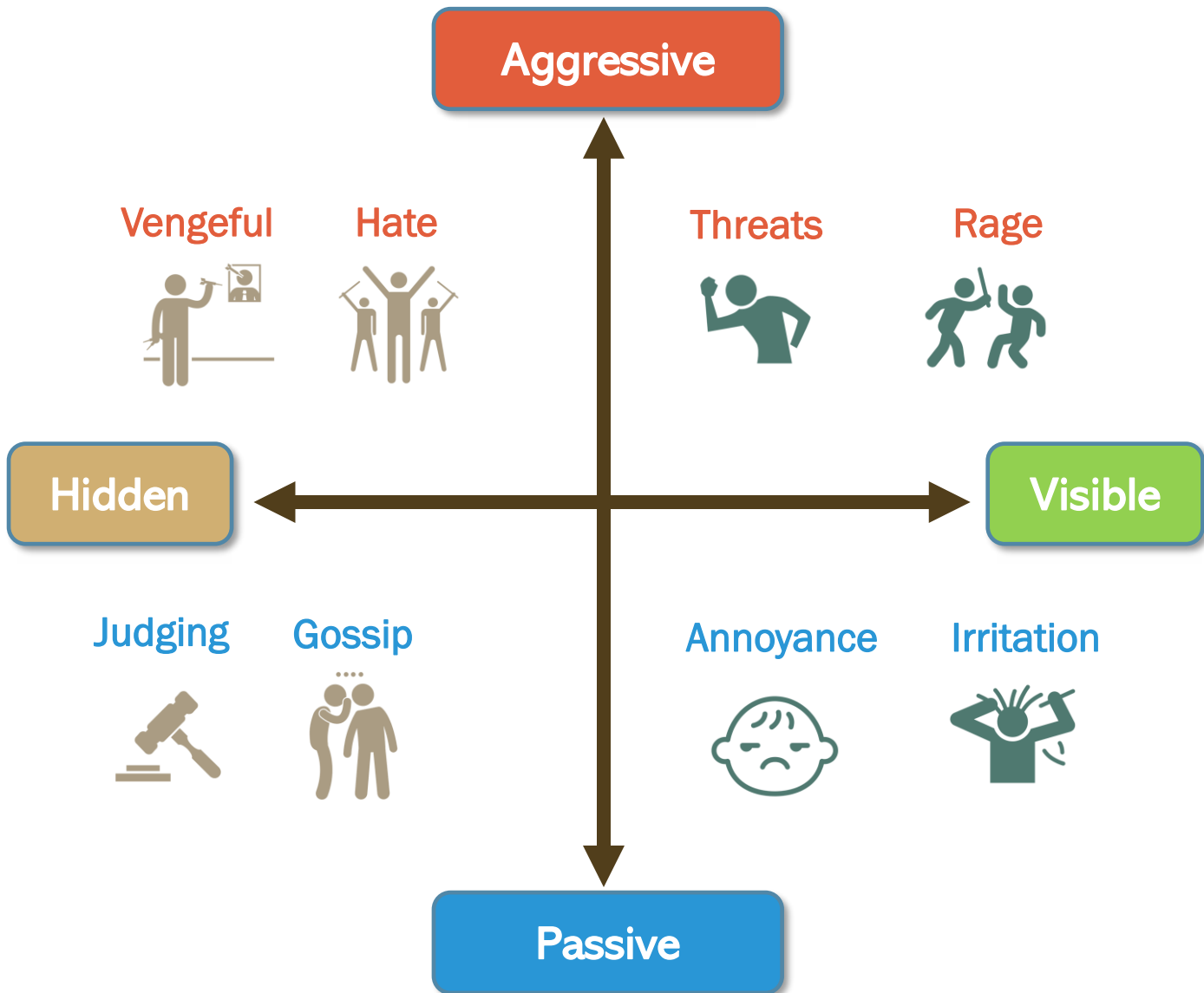
* *These are only a few members of the family.*

IF ANGER WERE MILEAGE, I'D BE A VERY FREQUENT FLYER, RIGHT UP THERE IN FIRST CLASS.
- GINA BARRECA

IN YOUR ANGER DO NOT SIN: DO NOT LET THE SUN GO DOWN WHILE YOU ARE STILL ANGRY. EPHESIANS 4:26

ANGER IS AN ACID THAT CAN DO MORE HARM TO THE VESSEL IN WHICH IT IS STORED THAN TO ANYTHING ON WHICH IT IS POURED.
-- MARK TWAIN

TYPES OF ANGER



The four extremes of how we express anger can be seen here along with examples of each.

What we call “anger” has many expressions in our lives.

GREAT ANGER QUESTIONS

WHAT IS THE PURPOSE OF ANGER?
IS ANGER ALWAYS A BAD?
HOW CAN GOD'S ANGER BE GOOD?
HOW IS ANGER SUPPOSED TO WORK?
WHAT DANGERS LIE BEHIND MY ANGER?
WHY WOULD GOD GIVE US THIS EMOTION?
WHAT IS UNIQUE ABOUT MY ANGER?
WHAT FUELS MY ANGER?
CAN SOMEONE REALLY CHANGE THEIR ANGER?
WHAT IS MY FAMILY TREE OF ANGER?
HOW DO MY BELIEFS INFLUENCE MY ANGER?
HOW DOES FEAR AND DOUBT AFFECT MY ANGER?



Let's
Answer
these
Questions!

Understand this, my dear brothers and sisters;
You must all be quick to listen, slow to speak and slow to get angry.
Human anger does not produce the righteousness God desires.

James 1:19-20



WHAT IS YIELD ABOUT?

A self-paced online course for the emotion of Anger.

A journey to understanding your emotions and responses.

Over 25 short video lessons (3 – 10 minutes).

Lesson downloads and special worksheets.

A biblical approach to expressing anger as God intended.

A powerful way to change your heart for good.

A way to deepen your relationships.

A learning experience that grows your emotional intelligence.

A great resource for small groups and couples to study.

Visit www.yieldanger.com to learn more!